HUMAN KNOT

Activity Description:
- The goal of this game is to untangle themselves, in the shortest amount of time possible, without letting go of hands, into a circle.

Directions:
- Participants should form a circle, shoulder-to-shoulder.
- Each group member should place a hand in the middle of the circle and to grasp another hand. Each person should introduce themselves to the person they are holding hands with.
- Each participant should put their other hand in the middle, grasp a different person's hand, and introduce themselves.
- Participants may change their grip so as to more comfortable, but they are not to unclasp and re-clasp so as to undo the knot.
- If after 10 minutes, a group is having difficulty, the facilitator may allow them one unclasp and reclasp - they need to discuss and decide what unclasp-reclasp would be most useful.

Debriefing Questions:
1. What did you find challenging about this initiative?
2. How well did you think the group worked together?
3. What could have been done differently?
4. Did anyone emerge as the “leader”? How did leadership roles shift as the activity progressed?
5. What skills did this activity develop? How might you transfer these skills to school and life outside this activity?